



MONTGOMERY COUNTY DEPARTMENT OF RECREATION - AQUATIC SECTION
MONTGOMERY AQUATIC CENTER AT NORTH BETHESDA
5900 Executive Boulevard, North Bethesda, MD 20852 • 301-468-4211
2006 SUMMER POOL USE SCHEDULE (JUNE 10 - AUGUST 18)

MAC will be closed for
annual maintenance from
Aug. 19 - Sept. 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
<div>EARLY BIRD LAP SWIM</div> <div>6:00 - 8:30 A.M. (7:30 - 8:30 A.M. Dive Team)</div>										<div>EARLY BIRD LAP SWIM</div> <div>8:00 - 9:30 A.M.</div>		<div>MCRD LESSONS SAFETY TRAINING</div> <div>8 A.M. - 12 NOON</div>					
<div>MID MORNING SWIM</div> <div>MCRD LESSONS • WATER EXERCISE CLASSES • DIVE CAMP • MCRD CAMP</div> <div>LAP LANES AVAILABLE • DEEP WATER RUNNING AVAILABLE</div> <div>8:30 - 11:30 A.M.</div>										<div>MCRD LESSONS</div> <div>8:00 A.M. - 12 NOON</div>							
<div>NOON RECREATIONAL SWIM</div> <div>LAP LANES AVAILABLE • WATER EXERCISE CLASSES</div> <div>(REC AREA IN MAIN POOL OPENS AT 12 NOON • MON/WED/FRI • 12:30 P.M. TUE/THU)</div> <div>WATER SLIDE OPEN 11:30 A.M. - 2:00 P.M. ONLY</div> <div>11:30 A.M. - 2:00 P.M.</div>										<div>NOON REC SWIM</div> <div>ALL FACILITES OPEN</div> <div>(EXCEPT DIVING PLATFORMS)</div> <div>LAP LANES AVAILABLE</div> <div>12:00 NOON - 2:30 P.M.</div>				<div>SPECIAL USE & MAINTENANCE</div> <div>2:30 - 3:30 P.M.</div>			
<div>SPECIAL USE • DIVE TEAM • LAP LANES AVAILABLE (ADULTS ONLY) • MAINTENANCE • MCRD CAMP</div> <div>2:00 - 3:30 P.M.</div>																	
<div>AFTERNOON RECREATIONAL SWIM</div> <div>LAP LANES AVAILABLE • ALL FACILITES OPEN (EXCEPT DIVING WELL)</div> <div>3:30 - 5:30 P.M.</div>										<div>AFTERNOON REC. SWIM</div> <div>ALL FACILITIES OPEN</div> <div>(EXCEPT DIVING PLATFORMS)</div> <div>LAP LANES AVAILABLE</div> <div>3:30 - 6:00 P.M.</div>				<div>ADULTS ONLY</div> <div>6:00 - 6:45 P.M.</div>			
<div>MCRD LESSONS • SWIM TEAM • DIVE TEAM • LAP LANES AVAILABLE (ADULTS ONLY)</div> <div>5:00 - 7:00 P.M.</div>																	
<div>EVENING RECREATIONAL SWIM</div> <div>LAP LANES AVAILABLE ALL FACILITIES OPEN (EXECPT DIVING PLATFORMS)</div> <div>7:00 - 8:30 P.M.</div>										<div>FRIDAY</div> <div>7:00 - 9:00 P.M.</div>		<div>SAFETY TRAINING</div>					
<div>WATER EXERCISE ADULT CLASSES</div> <div>8:30 - 9:30 PM</div>		<div>WATER EXERCISE ADULT CLASSES</div> <div>7:30 - 9:30 PM</div>		<div>WATER EXERCISE ADULT CLASSES</div> <div>8:30 - 9:30 PM</div>		<div>WATER EXERCISE 7:30 - 8:30 PM</div> <div>SPECIAL CLASSES</div>											
<div>DIVE TEAM</div> <div>8:00 - 10:00 PM</div>				<div>DIVE TEAM</div> <div>8:00 - 10:00 PM</div>		<div>8:30 - 9:30PM</div>											
<div>LATE NIGHT LAP SWIM</div> <div>9:00 - 10:00 PM</div>				<div>LATE NIGHT LAP SWIM</div> <div>9:00 - 10:00 PM</div>		<div>DIVE TEAM</div> <div>8:00 - 9:30 PM</div>											

This schedule is for the Summer Season ONLY! It is subject to change in order to accommodate special events or holidays.

Events of Note: July 4th: MAC will CLOSE AT 6:00 P.M.

June 16-18th: Summer East Diving Championships, please check posted schedule as diving well, water slide and parking availability will change.

CHECK POSTED NOTICES IN THE CENTER LOBBY.



Montgomery Aquatic Center AT NORTH BETHESDA

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for annual
maintenance from
Aug. 19 - Sept. 4

5900 Executive Boulevard, North Bethesda MD 20852 (301) 468-4211

Montgomery County Department of Recreation - Aquatics Section

2006 Summer Pool Use Schedule (June 10 - August 18) → Visit us online: www.montgomerycountymd.gov/rec

Recreational Swim:		Public Use Times		Weight & Exercise/Saunas	
General swimming for all ages with the following facilities open: Lap Lanes, Leisure Pool, Diving Boards Exercise Room, Hydrotherapy Spas, and Saunas. See Water Slide times below.		Hydrotherapy Pools <u>Adults Only: 14-18 if accompanied by an adult.</u> At least one Hydrotherapy pool will be open to patrons during the Recreational Swim Periods listed above. Due to frequent cleaning and maintenance that these require, only one may be available for use at certain times. The full schedule of use is as follows: Spa A = Round Spa closest to the Locker Rooms Spa B = Semi-circular Spa near the outdoor Sundeck		The Weight & Exercise Room and Saunas are available to patrons at any time the pool is open for public Recreational Swim. Adults Only: 14-18 with permission slip.	
General Recreational Time M - F: 11:30 a.m. - 2:00 p.m. 3:30 p.m. - 5:30 p.m. 7:00 p.m. - 8:30 p.m. (Fri. until 9:00) Sat: 12:00 noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m. (6:00 p.m. - 6:45 p.m. Adults Only) Sun: 12 Noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m.		M-F: 6:00 a.m. - 9:30 a.m. Spa A & B ----- Note: Th: 6:00 a.m. - 9:30 a.m. Spa A Closed ----- M-F: 9:30 a.m. - 7:00 p.m. Spa A M & F: 9:30 a.m - 5:00 p.m. Spa B T, W, Th: 9:30 a.m. - 7:00 p.m. Spa B M - Th: 7:00 p.m. - 8:30 p.m. Spa A & B Fri: 7:00 p.m. - 9:00 p.m. Spa A & B M & W: 8:30 p.m. - 10:00 p.m. Spa A Sat: 8:00 a.m. - 9:30 a.m. Spa B 12:00 Noon - 2:30 p.m. Spa A & B 3:30 p.m - 6:45 p.m. Spa A & B Sun: 12:00 Noon - 2:30 p.m. Spa A & B 3:30 p.m - 6:00 p.m. Spa A & B		M, W: 6:00 a.m. - 10:00 p.m. T, Th: 6:00 a.m. - 9:30 p.m. Fri: 6:00 a.m. - 9:00 p.m. Sat: 8:00 a.m. - 6:45 p.m. Sun: 10:00 a.m. - 6:00 p.m.	
Water Slide (Recreational Swim) M-F: 11:30 a.m. - 2:00 p.m. 3:30 p.m. - 5:30 p.m. M-Th: 7:00 p.m. - 8:30 p.m. Fri: 7:00 p.m. - 9:00 p.m. Sat: 12 Noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m. (6:00 p.m. - 6:45 p.m. Adults Only) Sun: 12 Noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m. Note: Water Slide availability is subject to change due to staff level.		ALL PATRONS WITHIN THE POOL AREA MUST BE ATTIRED IN SWIMMING APPAREL. CHILDREN UNDER 10 YEARS OLD MUST BE ACCOMPANIED IN THE POOL AREA AND CARED FOR BY AN ADULT IN SWIMMING ATTIRE AT ALL TIMES.		Lap Swim Lap Lanes are roped off at either 25 yard or 25 meter competitive distance, or as 20 yard fitness lanes across the main pool. Some lanes are entirely in deep water. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills. In general lap lanes are available at all Recreational Swim periods. M - Th: 6:00 a.m. - 8:30 p.m. F: 6:00 a.m. - 9:00 p.m. M - F: 2:00 p.m. - 3:30 p.m. (Adults Only) 5:00 p.m. - 7:00 p.m. (Adults Only) M & W: 9:00 p.m. - 10:00 p.m. Sat: 8:00 a.m. - 9:30 a.m. 12:00 Noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m. 6:00 p.m. - 6:45 p.m. (Adults Only) Sun: 12:00 Noon - 2:30 p.m. 3:30 p.m. - 6:00 p.m. Note: See separate "Lap Lane Availability" Schedule for specific lane assignments	
The management reserves the right to alter the pool schedule when it is deemed necessary. Lockers are available - Bring a lock to secure your belongings - Proper Bathing suits required - NO CUTOFFS OR GYM SHORTS!					



MONTGOMERY COUNTY DEPARTMENT OF RECREATION - AQUATIC SECTION

MONTGOMERY AQUATIC CENTER

AT NORTH BETHESDA

5900 Executive Boulevard, North Bethesda, MD 20852 • 301-468-4211

LAP LANE AVAILABILITY

SUMMER 2006 June 10th - August 18th

A.M.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	A.M.
6:00	8 LANES SHALLOW 8 LANES DEEP							6:00
7:00								7:00
8:00	8 LANES SHALLOW 4 LANES DEEP					8 SHALLOW		8:00
9:00						6 SHALLOW		3 SHALLOW 4 DEEP
10:00	2 SHALLOW 4 DEEP	6 SHALLOW	2 SHALLOW 4 DEEP	6 SHALLOW	2 SHALLOW 4 DEEP	10:00		
11:00	6 SHALLOW 4 DEEP		6 SHALLOW 4 DEEP		6 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP		11:00
12:00	3 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP	3 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP	3 SHALLOW 4 DEEP	4 SHALLOW 5 DEEP		4 SHALLOW 5 DEEP
NOON	4 SHALLOW 5 DEEP	3 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	3 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP		NOON	
1:00		4 SHALLOW 5 DEEP		4 SHALLOW 5 DEEP		4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	1:00
2:00	2 SHALLOW 2 DEEP	2 SHALLOW 5 DEEP	2 SHALLOW 2 DEEP	2 SHALLOW 5 DEEP	2 SHALLOW 2 DEEP			2:00
3:00	8 LANES SHALLOW - 4 LANES DEEP							3:00
4:00	4 LANES SHALLOW - 4 LANES DEEP					4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4:00
5:00	4 SHALLOW	4 SHALLOW	4 SHALLOW	4 SHALLOW	4 SHALLOW 4 DEEP			
6:00					4 SHALLOW 5 DEEP	6:00		
7:00	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP	6:45		
8:00						7:00		
8:30	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP	7:45		
9:00						8:00		
10:00	4 SHALLOW 4 DEEP		4 SHALLOW 4 DEEP			8:20		
P.M.								9:00
						10:00		
							P.M.	

This Lap Lane schedule may be changed to accommodate special events or holiday activities. Check posted notices in the lobby.

 Shaded areas indicate NO Lap Lanes Available



DEEP WATER RUNNING/EXERCISE AREA SCHEDULE

Montgomery Aquatic Center → Visit us online: www.montgomerycountymd.gov/rec

5900 Executive Boulevard, North Bethesda MD 20852 (301) 468-4211

Sponsored by the Montgomery County Department of Recreation - Summer 2006

POOL LAYOUT - DEEP END

DIVING WELL

Mon. - Fri.: 6:00 a.m. - 7:30 a.m.

Wed.: 9:00 p.m. - 10:00 p.m.

Sat.: 8:00 a.m. - 9:30 a.m.

LANE 8

LANE 7

LANE 6

LANE 5

LANE 4

LANE 3

LANE 2

Deep Water Alcove:

Mon. - Fri.:

7:30 a.m. - 7:00 p.m.

Mon. - Thurs:

7:00 p.m. - 8:30 p.m.

Fri.:

7:00 p.m. - 9:00 p.m.

Sat.:

8:00 a.m. - 9:30 a.m.

SUMMARY SCHEDULE

Diving Well

Mon. - Fri.: 6:00 a.m. - 7:30 a.m.

Sat.: 8:00 a.m. - 9:30 a.m.

Lane 1

Mon. & Wed: 9:00 p.m. - 10:00 p.m.

Fri.: 7:00 p.m. - 9:00 p.m.

Sat. & Sun.: 12 Noon - 2:30 p.m.

3:30 p.m. - 6:00 p.m.

Sat.: 8:00 a.m. - 9:30 a.m.

6:00 p.m. - 6:45 p.m.

Deepwater Alcove

Mon. - Fri.: 7:30 a.m. - 7:00 p.m.

Mon. - Thurs.: 7:00 p.m. - 8:30 p.m.

Friday: 7:00 p.m. - 9:00 p.m.

Special Notes:

1. This schedule represents the minimum time allotted for this activity.
2. When all 8 lanes are being used, deep water exercise will take place in the diving well
3. When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.
4. This Deep Water Running schedule may change to accommodate special events or holiday activities. Check posted notices in lobby.
5. Management reserves the right to revise this schedule as necessary without notice.

M, W, F: 7:30 am - 8:30 am

M, W, F: 7:00 pm - 8:30 pm

T, Th: 7:30 am - 10:00 am

Sat: 8:00 am - 9:30 am

M, W, F: 9:30 am - 1:30 pm

M: 9:00 pm - 10:00 pm

LANE 1 T, Th: 11:00 am - 5:00 pm

Sat & Sun: 12 Noon - 2:30 pm

M, W, F: 2:30 pm - 5:00 pm

F: 7:00 pm - 9:00 pm

Sat & Sun: 3:30 pm - 6:00 pm

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7:00								
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9:00	6 SHALLOW	3 SHALLOW 4 DEEP	6 SHALLOW	3 SHALLOW 4 DEEP	6 SHALLOW			9:00
10:00	2 SHALLOW 4 DEEP	6 SHALLOW	2 SHALLOW 4 DEEP	6 SHALLOW	2 SHALLOW 4 DEEP			10:00
11:00	6 SHALLOW 4 DEEP		6 SHALLOW 4 DEEP		6 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP		
12:00 NOON	3 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP	3 SHALLOW 4 DEEP	6 SHALLOW 4 DEEP	3 SHALLOW 4 DEEP			12:00 NOON
		3 SHALLOW 5 DEEP		3 SHALLOW 5 DEEP				
1:00	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	1:00
2:00	2 SHALLOW 2 DEEP	2 SHALLOW 5 DEEP	2 SHALLOW 2 DEEP	2 SHALLOW 5 DEEP	2 SHALLOW 2 DEEP			2:00
3:00	8 LANES SHALLOW - 4 LANES DEEP							
4:00	4 LANES SHALLOW - 4 LANES DEEP					4 SHALLOW 5 DEEP	4 SHALLOW 5 DEEP	4:00
5:00	4 SHALLOW	4 SHALLOW	4 SHALLOW	4 SHALLOW	4 SHALLOW 4 DEEP			4 SHALLOW 5 DEEP
6:00						4 SHALLOW 5 DEEP	4 SHALLOW	
7:00	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP	4 SHALLOW	4 SHALLOW 5 DEEP			7:00
8:00								
8:30	4 SHALLOW 4 DEEP		4 SHALLOW 4 DEEP					
9:00								9:00
10:00								
P.M.								P.M.

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Deep Water Alcove:

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M, W, F: 7:30 am - 8:30 am

M, W, F: 7:00 pm - 8:30 pm

T, Th: 7:30 am - 10:00 am

Sat: 8:00 am - 9:30 am

M, W, F: 9:30 am - 1:30 pm

M: 9:00 pm - 10:00 pm

LANE 1 T, Th: 11:00 am - 5:00 pm

Sat & Sun: 12 Noon - 2:30 pm

M, W, F: 2:30 pm - 5:00 pm

F: 7:00 pm - 9:00 pm

Sat & Sun: 3:30 pm - 6:00 pm

BULKHEAD